



Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School</p>	<p>Breakfast Nutrition Bar(40) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)</p>	<p>Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p>	<p>WG Blueberry Muffin(30) Animal Grahams(20) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)</p>	<p>WG Apple Roll (35) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p>
<p>2 Trix Cereal(24) Animal Grahams(20) Diced Pears(28) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p>	<p>3 432:245:69 Cocoa Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)</p>	<p>4 494:255:84 WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p>	<p>5 642:340:117 Smore Nutrition Bar(42) Giant Cinnamon Goldfish(21) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)</p>	<p>6 550:370:110 WG Goody Bun (34) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p>
<p>9 502:395:101 Golden Grahams(24) Animal Grahams(20) Diced Peaches(28) Apple Juice(15) 1% White or FF Chocolate Milk(14)</p>	<p>10 462:365:75 Breakfast Nutrition Bar(38) Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p>	<p>11 504:500:63 WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p>	<p>12 712:325:130 WG Banana Muffin(31) Mini Vanilla Wafers(19) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)</p>	<p>13 590:390:109 WG Breakfast Ring (29) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p>
<p>16 508:487:101 Cocoa Puff Cereal Bar (30) Animal Grahams(20) Fruit mix(34) Apple Juice(15) 1% White or FF Chocolate Milk(14)</p>	<p>17 St.Patrick's Day 462:225:80 Butterscotch Oatmeal Bar (24) Giant Cinnamon Goldfish(21) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)</p>	<p>18 504:500:63 Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p>	<p>19 672:335:117 Double Chocolate Chip Muffin(27) Mini Vanilla Wafers(19) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)</p>	<p>20 580:400:104 WG Cinnabar (45) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p>
<p>23 562:375:113 Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Mandarin Orange(40) Apple Juice(15) 1% White or FF Chocolate Milk(14)</p>	<p>24 452:355:74 Mixed Berry Rice Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p>	<p>25 494:255:84</p>	<p>26 652:330:113</p>	<p>27 630:400:120</p>
<p>30 582:455:111</p>	<p>31 452:330:75</p>			



Thought for Thought

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. - Oscar Wilde

Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:544 AvgSod(mg):363 AvgCarbs(g):95

"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.



****Menu Subject to Change****